

## Reduceyourcholesterol



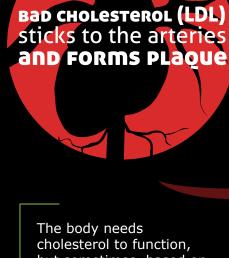
the flow of oxygen-rich blood to your heart. This can lead to heart disease.

Cholesterol plaques build up

blocked arteries

slowly, eventually resulting in

(atherosclerosis), and reducing





but sometimes, based on genetics, food intake, and activity, the body produces too much cholesterol. Statins block an enzyme that's key to the liver's production of cholesterol. This inhibits the liver's ability to produce cholesterol. The goal is less cholesterol in the bloodstream and a reduction in risk for high-cholesterol-related diseases.

Resources

"High Blood Cholesterol: What you need to know" National Heart Blood and Lung Institute: www.nhlbi.nih.gov

> "MedlinePlus" www.medlineplus.gov



Harvard Health Publications www.health.harvard.edu